TABLE III-2:

Study		N, Sex, and	Percentage Change					
39M experimental 39M control 6 month  Physical activity only 39M Experimental -2 39M Control 6 months  King **I** Physical activity only 40M high intensity group 41M control 12 months  Physical activity only 42M high intensity home 41M control 12 months  Physical activity only 45M — 0 -1 +1 +1 45M low intensity 41M control 12 months  Physical activity only 45M — -14 0 +3 45M low intensity 41M control 12 months  Physical activity only 41M — +1 -4 +1 35F high intensity group 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 34F control 12 months  Physical activity only 36F high intensity home 34F control 12 months  Physical activity only 36F high intensity home 34F control 12 months  Physical activity only 36F high intensity home 34F control 12 months			_				HDL-C	
39M experimental 39M control 6 months  King***  Physical activity only 40M high intensity group 41M control 12 months  Physical activity only 42M high intensity home 41M control 12 months  Physical activity only 45M   — 0 -1 +1 +1 42M high intensity home 41M control 12 months  Physical activity only 45M   — -14 0 +3 45M low intensity 41M control 12 months  Physical activity only 8MI — +1 -4 +1 34F high intensity group 34F control 12 months  Physical activity only 8MI — -2 +3 0 35F high intensity home 34F control 12 months  Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +3 0 Physical activity only 8MI — -4 +4 +4 +3 0 Physical activity only 8MI — -4 +4 +4 +4 +4 +4 +4 +4 +4 +4 +4 +4 +4 +4	Hellenius <sup>365</sup>	39M experimental 39M control		-5	-12	-4	-1	
40M high intensity group 41M control 12 months  Physical activity only 42M high intensity home 41M control 12 months  Physical activity only 45M low intensity 41M control 12 months  Physical activity only 41M control 12 months  Physical activity only 41M control 12 months  Physical activity only 41F high intensity group 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months		39M experimental 39M control		0	-11	0	+2	
42M high intensity home 41M control 12 months  Physical activity only 45M low intensity 41M control 12 months  Physical activity only 34F high intensity group 34F control 12 months  Physical activity only BMI — +1 -4 +1 34F high intensity group 12 months  Physical activity only BMI — -2 +3 0 35F high intensity home 34F control 12 months  Physical activity only BMI — -4 +3 0 29F low intensity -2	King <sup>401</sup>	40M high intensity group 41M control		_	-6	+2	-1	
45M low intensity 41M control 12 months  Physical activity only 34F high intensity group 34F control 12 months  Physical activity only BMI — -2 +3 0 35F high intensity home 34F control 12 months  Physical activity only BMI — +4 +3 0 29F low intensity -2		42M high intensity home 41M control		_	0	-1	+1	
34F high intensity group 34F control 12 months  Physical activity only 35F high intensity home 34F control 12 months  Physical activity only BMI — -2 +3 0 35F not control 12 months  Physical activity only 29F low intensity -2		45M low intensity 41M control		_	-14	0	+3	
35F high intensity home 0 34F control 12 months  Physical activity only BMI — +4 +3 0 29F low intensity -2		34F high intensity group 34F control		_	+1	-4	+1	
29F low intensity -2		35F high intensity home 34F control		_	-2	+3	0	
34F control 12 months		29F low intensity 34F control		_	+4	+3	0	

TC= Total Cholesterol LDL-C= Low-Density Lipoprotein Cholesterol HDL-C= High-Density Lipoprotein Cholesterol TG= Triglycerides

BMI= Body Mass Index

	N, Sex, and		Percentage Change			
Study	Duration	Weight Loss	TC	TG	LDL-C	HDL-C
Nilsson <sup>403</sup>	Diet+physical activity 30 (24M/6F) experimental 29 (22M/7F) control 12 months	BMI -2	-3	-4	-3	-1
Ronnemaa <sup>404</sup>	Physical activity only 13 (8M/5F) experimental 12 (7M/5F) control 4 months	-3	-6	-3	-5	+2
Schuler <sup>405</sup>	Diet+physical activity 56M experimental 57M control 12 months	-5	-10	-7	-10	+3
Svendsen <sup>384</sup>	Diet+physical activity 48F experimental 20F control 12 weeks	-14	-17	-35	-26	0
$Wood^{380}$	Diet+physical activity 39M experimental 40M control 12 months	-11	-4	-46	-2	+17
	Diet+physical activity 42F experimental 39F control 12 months	-9	-5	-18	-8	+5

TC= Total Cholesterol LDL-C= Low-Density Lipoprotein Cholesterol HDL-C= High-Density Lipoprotein Cholesterol TG= Triglycerides

BMI= Body Mass Index